

FOR HELP

free of charge

If you are concerned about your own gambling, or someone you care about, you can get help or answers.

1-800-GAMBLER

California Office of Problem Gambling
www.problemgambling.ca.gov

California Council on
Problem Gambling
www.calproblemgambling.org
info@calproblemgambling.org

California Lottery
Problem Gambling Helpline
1-888-277-3115
www.calottery.com/playresponsibly

Gam-Anon, International Service Office
(A 12-step self-help group for family
members of problem gamblers)
www.gamanon.org/gamanon/index.htm
info3@gam-anon.org

Gamblers Anonymous
(12-Step Self-Help Groups)
www.gamblersanonymous.org
isomain@gamblersanonymous.org

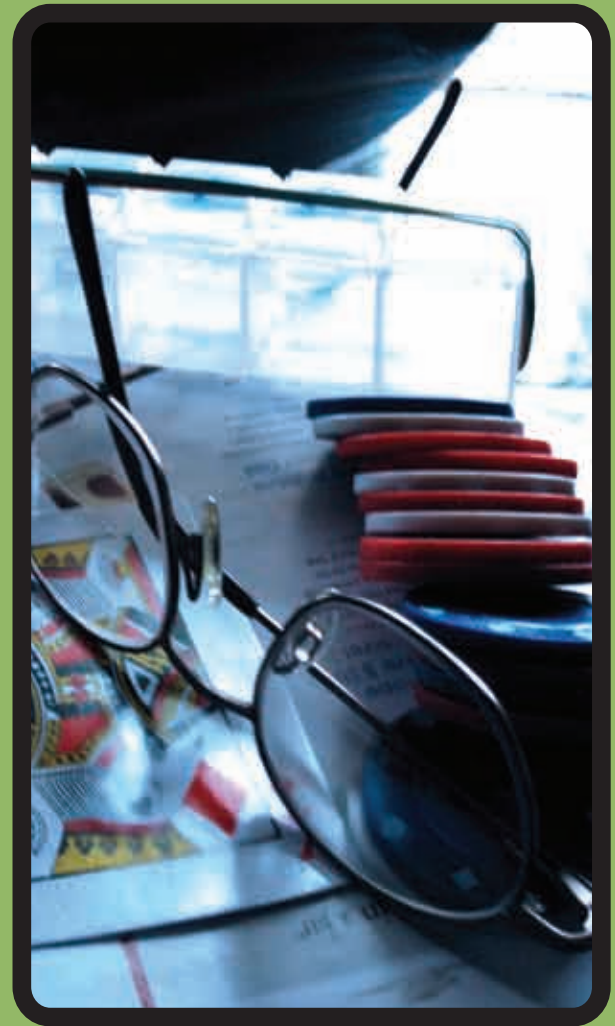
NICOS Chinese Health Coalition
Problem Gambling Helpline –
San Francisco area only
(Mandarin and Cantonese languages)
1-888-968-7888
www.nicoschc.com/index.html
nicos@nicoschc.com



OFFICE OF
PROBLEM GAMBLING
California Department of
Alcohol & Drug Programs

1700 K Street Sacramento, CA 95814-4037

With permission, adapted from "Gambling away your retirement?" by the Florida Council on Compulsive Gambling, Inc. and "It's Only a Game" from the Responsible Gambling Council (Ontario, Canada).



ARE YOU GAMBLING AWAY YOUR RETIREMENT?

California Office of Problem Gambling